13:Evans K-5 (ca. 1940) 1957
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As throughout Highland Britain it was the dramatic fall in the price of wheat in the 1880s, thanks to imports from America, that changed the eating habits of the people and led to a decline in the consumption of oaten and barley bread. The commercial baking of oven-bread from imported wheat is thus a fairly recent development virtually confined to the large towns, especially the milling ports, and its distribution through the rural areas explains the ubiquitous bread-vans of the country roads. We should probably make an exception of the English-settled parts of the east coast in the Pale as well as in Bargy. Dublin and Drogheda have a rare advantage in Ireland in that, thanks to their relatively dry climate, grain need not be kiln-dried before milling. The town bakeries cater for country tastes by providing an extraordinary variety of cakes and farls as well as standard loaves. One of the big Belfast bakeries turns out some seventy varieties of plain and fancy bread which are distributed over several Ulster counties. In the Scottish Highlands, similarly, most of the bread consumed comes from a Glasgow factory: home-made, even locally-made, yeast-bread is almost unknown. 'The van' is therefore one of the necessities of life: its forerunner was the tea-van, famous for its fast high-stepping horses, once a familiar sight in the Irish countryside.

The baking of thin bread has steadily declined under this urban competition. White bread and stewed tea are woefully inadequate as a staple diet but there were perhaps greater gastric evils in indigestible soda bread made with unboiled water from surface wells. The use of buttermilk and above all a large consumption of butter were, however, traditional. On balance the housewife has profited, for she was truly the slave of the fire. Thin bread has the disadvantage of going stale quickly, and a good housewife was expected always to have fresh bread ready. Labourers have been known to refuse to work on farms where there was not a daily baking of bread. The baking board or trough hung ready to hand on the wall, and the meal was stored near the fire to keep it dry (Figs. 18 and 21). Old people have told me how, when they were children, they were called on periodically to tramp the meal in its wooden chest or ark, treading it down with bare feet to drive out the air and lessen the risk of its going musty. In Wales the meal-